

Sweet Butternut Bisque

Recipe HACCP Process: #3 Complex Food Preparation

Serving Size: 100

Yield: 6 ounces

Source: Mass Farm to School

Ingredients:

Ingredient Name	Measurements
Squash, winter, butternut, frozen, raw	34 lb + 8 oz
Half & half	2 gal + 2 cups
Sugar, brown	1 cup, packed
Salt, table	¼ tsp
Pepper, black	½ tsp, ground
Butter, unsalted	3 tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Steam squash until soft. Time will depend on how small the pieces are, and the type of steamer used, 10-30 minutes.
2. Blend squash until smooth in a food processor or mash thoroughly by hand or in mixer with paddle attachment.
3. Whisk in half & half, brown sugar, salt, and pepper.
4. Heat, then stir in butter to melt.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	207.54 kcal
Total Fat	9.89g
Saturated fat	5.99 g
Trans Fat	0.38 g
Cholesterol	29.48 mg
Sodium	59.39 mg
Total Carbohydrate	28.23 g
Dietary Fiber	2.04 g
Total Sugars	9.93 g
Protein	5.32 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*